



# Parks Program Guide

June to August 2026



# Your guide to summer adventures in Central Okanagan regional parks

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Long days, warm evenings and vibrant landscapes make summer the perfect time to explore regional parks. From June to August, discover a season full of guided hikes, sunset walks, family programs, outdoor wellness experiences, creative workshops and evening adventures across the Central Okanagan.

Explore shady canyon trails, watch for wildlife at dusk, discover wildflowers and pollinators or experience the night sky during after-dark programs. Whether you are looking to stay active, spend time with family, meet others outdoors or simply slow down and enjoy nature, there are programs for all ages and experience levels throughout the summer season.

**Program registration information, including dates and locations, is available online at [rdco.com/parkprograms](https://rdco.com/parkprograms).**



# Our programs: what to expect

Our programs follow a consistent format so you can quickly understand what each experience offers and choose what's right for you.

## Program types

**Interpretive** – Learning-focused programs with guided discussion and regular stops to explore nature, wildlife and park features.

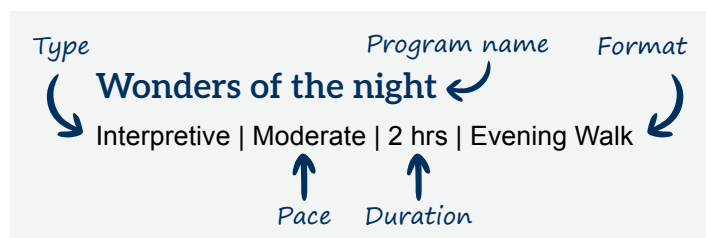
**Active** – Movement-focused programs with a steady pace and fewer stops.

**Creative** – Hands-on, interactive programs that encourage creativity in the outdoors.

**Wellness** – Gentle, restorative programs that support mental and physical well-being in nature.

**Stewardship** – Programs focused on caring for the land through conservation, restoration or hands-on service.

**Community** – Shared outdoor experiences that bring people together and build connection.



## Pace levels

**Leisurely** – Easy pace with frequent stops and minimal elevation. Suitable for most ability levels.

**Moderate** – Steady pace with some hills, uneven terrain or moderate distance.

**Moderate +** – Continuous movement with limited stops. May include longer distances or sustained elevation.

**Advanced** – Brisk, continuous pace with steeper terrain, rough surfaces and longer distances.

## How to register

- **Online:** [rdco.com/parkprograms](https://rdco.com/parkprograms)
- **Login or create an account** (top right on the green banner)
- **Browse programs and register** using the menu or feature boxes





## Where to find regional parks

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There are 30 regional parks across the Central Okanagan, many of them expansive, with forested trails and rich in wildlife and diverse plant species. Our park programs take place within these Regional Parks and are led by knowledgeable park interpreters who help you learn about the landscape and discover unique stories and hidden features of each park.

**A full list of regional parks is available at [rdco.com/discoverparks](https://rdco.com/discoverparks).**

## Our core programs

These are our ongoing programs offered regularly throughout the year on a weekly or monthly basis. Visit our website for full program details, current schedules and registration information.

[rdco.com/parkprograms](https://rdco.com/parkprograms)



### Full moon hikes

Interpretive | Moderate | 2 hrs | Evening Hike  
Experience regional parks under the glow of the full moon. As the landscape transforms after dark, discover nocturnal wildlife, seasonal changes and the science behind moon phases with a park interpreter. *Monthly. Full schedule online.*

### Hike club

Active | Moderate+ | 2 hrs | Hike  
Start your morning with an energizing hike through regional parks. Explore a variety of trails while building fitness, enjoying scenic landscapes and connecting with others who love the outdoors. *Weekly. Thursday mornings. Registration online.*

### Mission creek weekly walks

Active | Leisurely | 1 hr | Walk  
A relaxed midweek walk along the Mission Creek Greenway. Enjoy fresh air, gentle movement and conversation while discovering seasonal highlights in the park. *Weekly. Wednesday mornings. Registration online.*

### Summer storytime

Creative | Leisurely | 45 min | Family Program  
Nature comes to life through stories, songs and play. Children explore the outdoors through hands-on activities designed to spark curiosity and imagination. *Weekly. Tuesdays at 10 a.m. Drop-in.*

### Wonders of the night

Interpretive | Moderate | 2 hrs | Evening Walk  
Discover what happens in the park after dark. Explore nocturnal wildlife, sounds of the night and the ecological importance of species that thrive after sunset. *Monthly. Full schedule online.*

### Roll & stroll

Community | Leisurely | 1.5 hr | Walk  
Connect with others while enjoying the outdoors with little ones. This accessible walk encourages fresh air, gentle movement and social connection. Strollers and carriers welcome. *Weekly. Fridays at 10 a.m. (April–October). Registration online.*

### Watercolours in nature

Creative | Leisurely | 2 hrs | Workshop  
Slow down and create with nature as your inspiration. Learn basic watercolour techniques while painting in a peaceful outdoor setting. All supplies provided. *Monthly. Full schedule online.*

**Sign up for the RDCO Parks newsletter** to get the latest updates on park programs, events, news and seasonal tips – delivered right to your inbox.

Be the first to know what's happening in your Regional Parks and discover new ways to explore, learn and enjoy the outdoors.



Subscribe today and never miss an update!  
[rdco.com/helloparks](https://rdco.com/helloparks)

# June programs

Kick off the summer season with guided nature programs exploring scenic viewpoints, wildflowers, and hidden park gems. These featured programs are scheduled specifically for June.



## After the fire: forest renewal

Interpretive | Moderate | 2 hrs | Hike  
Explore landscapes shaped by wildfire and observe the visible signs of post-fire recovery. Learn how ecosystems heal over time, including fire-adapted plants, returning wildlife and the role fire plays in natural cycles.

## Beneath the surface: kokanee in summer

Interpretive | Leisurely | 1 hr | Walk  
Join a guided walk to explore what is happening beneath the surface as kokanee fry adapt to lake life. Learn about behaviours in early summer and what lies ahead for these land-locked salmon.

## Birdwatching 101: Okanagan edition

Interpretive | Leisurely | 2 hrs | Walk  
Join a beginner-friendly birding walk and learn how to notice, identify and better understand the birds around you in regional parks. Build observation skills and learn simple techniques for recognizing birds by sight, sound and behaviour in everyday natural settings.

## Chasing the view

Active | Moderate | 2–3 hrs | Hike  
Take in sweeping views of the Okanagan Valley on a guided hike to some of our region's most breathtaking viewpoints. Along the way, learn about the landscapes, ecosystems and wildlife that make this region unique.

## Hidden gems

Interpretive | Moderate | 2 hrs | Hike  
Join a park interpreter on a guided hike to explore the hidden gems of our regional parks. From unique natural features to scenic viewpoints, discover the special spots that make each park stand out.

## Incredible insects of the Okanagan

Interpretive | Leisurely | 1.5 hrs | Walk  
Explore the often-overlooked world of insects and their essential role in healthy ecosystems. Learn how to identify common groups and discover how insects support pollination and the balance of forests and grasslands.

## Okanagan rocks & landforms

Interpretive | Moderate | 2 hrs | Guided Hike  
Explore the fascinating world of geology in regional parks. Discover unique geological formations and learn about the natural forces that shaped the Okanagan Valley.

## Snakes of the Okanagan

Interpretive | Leisurely | 2 hrs | Guided Walk  
Learn about the snakes that are a natural part of the Okanagan landscape. Discover how to identify local species, understand their role in ecosystems and what to do if you encounter one.

## Summer swallowtails

Interpretive | Leisurely | 2 hrs | Walk  
Watch for the striking yellow and black wings of swallowtail butterflies as they glide through sunny meadows and grasslands. Learn about their life cycle, the plants their caterpillars depend on and how these insects help pollinate the Okanagan landscape.

## Wilderness wander

Interpretive | Leisurely | 2 hrs | Walk  
Celebrate the beauty of the Okanagan on a guided walk through seasonal flora. Learn to identify common plant species and discover how these vibrant plants support insects, wildlife and healthy ecosystems.

# July programs

Enjoy the height of summer with outdoor adventures, cool canyon hikes and sunset excursions. These featured programs are scheduled specifically for July.



## Bat nights: after-dark discovery

Interpretive | Leisurely | 2 hrs | Evening Program  
Discover bats in action during an evening exploration. Use audio detectors to listen to echolocation and learn about their ecological importance.

## Bear necessities

Interpretive | Leisurely | 2 hrs | Walk  
Join a guided walk to learn about bears in the Okanagan and how they use the landscape. Discover how to recognize signs of bear activity, understand behaviour and safely coexist while enjoying regional parks.

## Beat the heat: cool canyon hikes

Interpretive | Moderate | 2 hrs | Hike  
Beat the heat on guided hikes through shaded parks, creekside trails and cool canyon forests. Discover mosses, lichens and shade-loving plants and learn how these hidden ecosystems support local wildlife.

## Glow in the park

Interpretive | Leisurely | 2 hrs | Evening Program  
Explore regional parks after dark with guided activities and glow sticks to light the way along the trail. Discover nocturnal wildlife and experience the sights and sounds of the park at night.

## Scorpions after dark

Interpretive | Leisurely | 2 hrs | Evening Program  
Explore the park at night and search for scorpions using UV light. Learn about their behaviour, habitat and role in the ecosystem.

## Marvelous moths

Interpretive | Leisurely | 2 hrs | Evening Program  
Discover the fascinating world of moths and other nocturnal insects using light and observation techniques to gently attract moths for close-up viewing. Explore their diversity and ecological importance as nighttime pollinators.

## Picnic in the park

Community | Leisurely | Drop-in | Community Event  
Bring your own picnic and enjoy time outdoors in a relaxed park setting. Take part in lawn games, nature-based activities and opportunities to connect with others in your community.

## Sunset & wildlife walk

Interpretive | Leisurely | 1.5 hrs | Evening Walk  
End your day with a guided walk as the sun begins to set. Learn about wildlife activity during this transition period and enjoy the changing colours of the evening sky.

## Rise & shine hike

Active | Moderate | 2 hrs | Morning Hike  
Start your morning with a guided hike through regional parks. Enjoy cooler temperatures, morning wildlife activity and a refreshing start to the day.

## The climb

Active | Moderate+ | 2–3 hrs | Hike  
Challenge yourself on a physically demanding guided hike featuring epic climbs and rewarding summits. Enjoy diverse landscapes and panoramic views along the way. Bring water and energy - the summit rewards every step.

# August programs

Make the most of late summer with wildlife-focused hikes, forest and creek exploration and evening nature programs. These featured programs take place throughout August.



## Bear necessities

Interpretive | Leisurely | 2 hrs | Walk

Join a guided walk to learn about bears in the Okanagan and how they use the landscape. Discover how to recognize signs of bear activity, understand behaviour and safely coexist.

## Birdwatching 101: Okanagan edition

Interpretive | Leisurely | 2 hrs | Walk

Join a beginner-friendly birding walk and learn how to notice, identify and better understand birds in regional parks. Build observation skills and learn simple techniques for recognizing birds.

## Creek & stream ecology: life in our creeks

Interpretive | Leisurely | 2 hrs | Guided Walk

Step into the world of moving water and discover the hidden life in local creeks and streams. Learn how flowing water shapes the landscape and supports aquatic insects, plants and wildlife.

## Forest connections: trees of the Okanagan

Interpretive | Leisurely | 2 hrs | Guided Walk

Explore local tree species and their role in forest ecosystems. Learn how trees are connected and how they support one another within the landscape.

## Incredible insects of the Okanagan

Interpretive | Leisurely | 1.5 hrs | Walk

Explore the often-overlooked world of insects and their essential role in healthy ecosystems. Learn how insects support pollination and biodiversity in forests and grasslands.

## Okanagan rocks & landforms

Interpretive | Leisurely | 2 hrs | Guided Hike

Explore the geological features that shape regional parks. Learn about rock formations, landforms and the natural history of the Okanagan Valley.

## Owl prow!l

Interpretive | Leisurely | 2 hrs | Evening Walk

Join a guided evening walk in search of owls and other nocturnal wildlife. Learn about owl behaviour, habitat and their role in healthy ecosystems.

## Perseid meteor shower watch

Interpretive | Leisurely | Event

Spend an evening under the stars observing the Perseid meteor shower. Bring a blanket and headlamp and let our park interpreters guide you through the wonders of the night sky.

## Picnic in the park

Community | Leisurely | Drop-in | Event

Bring your own picnic and enjoy a relaxed summer evening outdoors. Take part in games, nature activities and opportunities to connect with others in the park.

## How to register

- **Online:** [rdco.com/parkprograms](https://rdco.com/parkprograms)
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# Summer starts here

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We've highlighted three of our favourite parks to explore during the warmest months - with shade, water access, and summer scenery at its best.

## Kalamo Regional Park

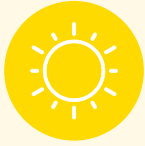
Discover Kalamo Regional Park, nestled along the sun-drenched shores of Okanagan Lake in West Kelowna. Enter the park from Collens Hill Road and discover a scenic lakeside landscape, featuring a variety of trails, multiple small beaches, including designated off-leash dog beaches, and an accessible dock with a canoe and kayak launch. It's a must-add to your summer bucket list.



## Scenic Canyon Regional Park

Explore the shaded trails of Scenic Canyon Regional Park in Kelowna, a large park that encompasses the upper reaches of the Mission Creek Greenway. For a forested retreat on a hot summer day, start at the trail head on Field Road and follow the meandering trail down the canyon to Mission Creek below and caves known as the rock ovens. This creekside destination is a cool respite with views of Layer Cake Mountain and Pinnacle Rock along the way.





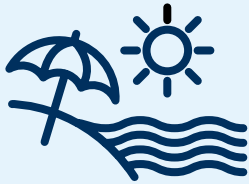
# Your parks are waiting

[rdco.com/discoverparks](http://rdco.com/discoverparks)

**30 regional parks**  
across the Central  
Okanagan



**2,000+**  
hectares  
of protected  
parkland



**11 beaches**

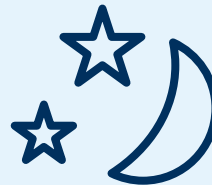
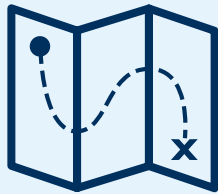


**9 parks**  
with viewpoints



**4 waterfalls**

**86+ km**  
of designated  
trails



**Dark Sky–Protected  
Nocturnal Preserve**  
Johns Family Nature  
Conservancy Regional Park

## Raymer Bay Regional Park

Relax on the peaceful shores of Raymer Bay Regional Park located off of Westside Road in West Kelowna. A haven for slower summer days. Surrounded by trees and calm lake water, this quiet park offers a natural setting to swim, sun, and unwind. Amenities include a playground and a picnic shelter, making this park an ideal spot to soak in the beauty of summer by the lake.





The Central Okanagan is home to 30 regional parks, offering more than 2,000 hectares of parkland and 86 km of formal trails. Our dedicated team of park interpreters is here to help you explore confidently, connect with others and enjoy the benefits of time spent outdoors. **A full list of Regional Parks is available at [rdco.com/discoverparks](https://rdco.com/discoverparks).**



Follow **@regionalparks** on Instagram for park inspiration, fun stories and what's happening in regional parks!

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